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photos by Lt(N) Hayley Mooney, Contributor
Thirty-seven naval reservists tackled the Albert Head Confidence Course during their Basic Officer Military Qualification (BOMQ) training.

Above: NCdt Nikita Kambouris from HMCS Hunter pierces the air with his triumphant battle cry as he runs across the bouncy bridge obstacle.

Right: NCdt Mathieu Levesque (right), from HMCS D'Iberville balances along with the rest of his section on a set of lines. Occasionally a shout of "Switch!" is made and the BOMQ candidates flop to the other side of the rope.



Editorial & Opinion..... 4
Classifieds..... 14-15

See the full story on page 2.

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BAKER VIEW HEIGHTS

**Cookies in shoes and a thirteen-foot wall****■ An insider look at Basic Officer Military Qualification**

Lt(N) Hayley Mooney
 Contributor

"Dalyn, Udin, Bingham, you're going get shot in the face," warns MS Michelle Scott.

In response, three helmet-clad heads duck lower into the knee-length grass as the Basic Officer Military Qualification (BOMQ) instructor hovers nearby.

On this breezy spring day, 37 naval reservists ranging from age 17 to 50 are completing the challenges of the Albert Head Confidence Course in Metchosin, outside of Victoria. It's the beginning of June and students are midway through the 11-week course that provides the initial training necessary for all officers in the CF.

The confidence course is populated by obstacles such as a daunting 13-foot wall that must be surmounted by each student, a tall structure with a large gap connected by a rope that students must shimmy across, a mesh rope climbing wall, and the perennial favourite, two rows of sand surrounded by wire that students must leopard crawl underneath.

As students balance, jump, crawl, and climb their way through the course, the mood is light. When a course mate runs into difficulties, students shout out supportive words.

For Saskatchewan native, NCdt Keegan Marsh the encouragement spurs him to overcome the 13-foot wall. This is his second time on top of the wall; a year ago he made it to the top and then lost his footing and fell. The injury incurred from the fall delayed his training for a year.

"It wasn't so bad once I was over the top," says NCdt Marsh after he hits the dirt with his other section mates.

Other students have a different opinion of what is the most difficult element of the course.

"I don't like that part," says NCdt Joanna Galon a MARS trainee from Ottawa, pointing to a bouncy bridge made up of planks of wood. "You have to yell while you run across it and I really dislike yelling. I lost my voice earlier due to pneumonia, so I'm not very loud."

Despite her misgivings NCdt Galon's battle cry is audible, although perhaps not as creative or full of gusto as some of her section mates. Screams rivalling those of Tarzan occasionally reverberate across the course, as well as some off-the-wall cries of "High ho Silver and away."

While the obstacle course is certainly not easy, it is typically considered a fun diversion during the long days that make up the BMOQ course. Many of the activities that fill the students days and evenings are familiar to members of the military from their first days of training. "We had the Company Commander inspection this morning. My room didn't really go swimmingly," says NCdt Ian Bingham, a second year law student from Moncton, NB. "The centre of focus was beds. Mine did not pass."



Lt(N) Hayley Mooney, NPAO

NCdt Laurent Rossi-Rousseau from HMCS Donnacona provides the base position of a human ladder for surmounting a wall. Teamwork is important for the completion of many of the obstacles on the Albert Head confidence course.

Room inspections are a necessity of all initial military courses and standards are always tough. Whether it's ironing, polishing or precise bed making, the room is typically dissected for the smallest fault. Occasionally though, these faults are a little easier to catch.

"I got in trouble for having a cookie in my shoe," says NCdt Samuel Edwards, an intelligence trainee from New Brunswick. "The inspection started before I was ready and I thought my running shoe was a good hiding spot. Unfortunately, this was the first day the staff checked our running shoes."

Sleep has been almost elusive for these students. While class work,

We tell students they're not going to pass without each other.

Teamwork is key, whether it's in the barracks or out in the field.

-CWO Kirk Lewis
 Sergeant Major of NOTC Venture

preparing for inspections, tough physical training sessions and ruck marches fill the daytime hours, the night time is also busy. Each night, eight of the 37 students are put on a one-and-a-half hour rotating fire picket, another challenge that is just part of the daily routine for these newest members of the CF.

Teamwork is an essential part of all basic military courses.

"Teamwork is what we teach from the get go. It's part of the speech we give on the first morning of training," says CWO Kirk Lewis, Sergeant Major of NOTC Venture. "We tell students they're not going to pass without each other. Teamwork is key, whether it's in the barracks or out in the field."

Although basic military courses change, and instructors move on, it is clear that military camaraderie that has been fostered in all basic courses is still important today. Back at the confidence course at Albert Head a section completes the course for the first time and a spontaneous cheer fills the air.

"Who are we? One section!"
 The section bands together, ready to face a new challenge in another day of basic training.

Challenge is on: reduce, reuse, recycle

Ben Green
Staff writer

Starting in July, CFB Esquimalt will strengthen its commitment to be an environmentally responsible community when it establishes a comprehensive recycling program.

Recycling is not new to the base, or to those who reside in the Capital Regional District (CRD). Many units already do their own sorting and recycling, but this often leads to cross contamination between garbage and recyclables, spoiling any chance of reusing those materials, says Rob McDermot, contracts coordinator for Base Construction Engineering (BCE).

On behalf of the base, McDermot tendered a bid for the recycling program, and Ellice Recycle won the contract, which starts July 1.

"This is going to be similar to the 'blue box' program, but it's going to be customized to the CFB Esquimalt community," says Gary Bartlett, general manager of Ellice.

The program is the product of a comprehensive waste audit, augmented by more than 18 months of work with PWGSC researching waste disposal programs in North America.

Ellice will provide centralized waste disposal "depots" that will have bins clearly labelled in French and English for paper and cardboard, metals and plastics, glass, and garbage (items that don't fall under those categories). At several locations, there will also be bins to accommodate compostable waste.

"If you make it easy for people to do the right thing, they'll do the right

If you make it easy for people to do the right thing, they'll do the right thing.

-Rob McDermot
BCE contracts coordinator

thing," says Bartlett.

The naval fleet will be a key part of the program as well. A team from Ellice and BCE contracts will liaise with crews to establish a program that parallels their environmental operating standards when at sea.

Both Ellice and BCE will track the program closely to see which areas are meeting the set goal of 75 per cent recovery and which areas need more guidance.

"We anticipate recovery

rates of recyclables here of at least 75 per cent," says Bartlett, adding that the Capital Regional District is currently running at 40 per cent.

Ellice is the only recycling company on Vancouver Island that is ISO14,001:2004 certified. To receive this certification, companies are externally audited each year by the International Standards Organization (ISO) to ensure they are operating correctly, compliant with staff training, and are up to code with environmental improvements.

Because of Ellice's high environmental standards, CFB Esquimalt will be diverting at least 75 per cent of their solid waste from the Hartland Landfill and will cut the base's annual solid waste removal cost by 35 per cent.

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Published each Monday, under the authority of Capt(N) Craig Baines, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Craig Baines, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

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LOOKOUT
NEWSPAPER

Circulation - 4,500

One year subscription - \$37.³⁶

Six month subscription - \$18.⁸⁴

Three month subscription - \$12.⁵⁶

A Division of Personnel Support Programs
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HMCS PROTECTEUR REPORTS BACK

Playoffs in the Pacific - we're tuned in!

A/SLt Ritchie
HMCS Protecteur

How do you like your playoffs? In a sports bar on a big screen while sharing a basket of wings with your best friends, or at home with your favourite old jersey on and your family close by your side?

For the men and women of *HMCS Protecteur*, their options are limited. Instead, they sit by televisions broadcasting choppy images of a game being played thousands of miles away, praying the satellite TV holds out for one more hour.

One moment a streaking player will be on a game-changing break away and the next minute you hear shouts of agony over a lost signal. The number of curses uttered to the Officer of the Watch are too numerous to count. You might not think it's the ideal way to watch the big game, but you would be hard pressed to find a crew member who does not appreciate the opportunity to take in a piece of "Canadian culture" so far away from home.

Members of the ship's company that are not on watch are encouraged by the Executive Officer and Coxswain to wear their team colours on game days. The cooks have chipped in, working extra hours to provide wings and nachos on game days, which, while hampering the Executive Officer's Biggest Loser competition, are greatly appreciated by all.

As of writing this, the Vancouver Canucks have taken a one to nothing series lead over

the Boston Bruins and the ship no longer has the luxury of watching the game over a broken television stream. Game updates will no doubt come from home and passed around the mess decks, keeping everyone happy and in the know about Canada's favourite

sporting tradition.

We may not be experiencing the Stanley Cup on the big screen or at our favourite sports bar, but we're proving that no matter where in the world we might sail, we are keeping Canadian traditions close to heart. Go Canucks Go!

Contest looks for biggest loser

MS Blindback
HMCS Proteceur

The crew of *HMCS Protecteur* is locked in a high-stakes interdepartmental battle.

The stakes: a barbeque dinner and all the fixings.

The weapons: *Protecteur's* weight machines, treadmills and the iron resolve of the crew to out physical-train each other.

Part of a Command initiative on board to promote fitness and wellness, the Executive Officer has pitted the members of the crew against their fellow sailors with the Physical Fitness Team Challenge.

It's simple; every depart-

ment on board is defined as a team, and as each member of the team works out, that translates into points, which are added up and averaged out by the team captains to create an overall score.

This challenge has the participation of the entire ship, with the Executive Department's team, "The Executive Curls", prematurely claiming victory in the competition.

"I'm really surprised to see the participation," says Capt Paul Neate, *Protecteur's* dentist and sports officer. "I wasn't expecting this kind of turn out."

It shows the dedication of *Protecteur's* sailors, as the heat is turning up on board

in the central American climate.

Tapping into a good-natured competitive rivalry, most of the crew has embraced the challenge. The on-board gym is already noticeably busier and it is not uncommon seeing off-watch sailors jogging on the waist decks. Even inside departments, there is pressure mounting on individual members to increase their physical training.

By putting on a fresh spin, and introducing the spirit of competition, the Physical Fitness Team Challenge has been a success so far; however, it still remains to be seen which team will claim the coveted prize.



Ben Green, Lookout

Above: On June 3, the Pacific Fleet Club celebrated its 35th anniversary by hosting a free barbeque complete with a cake fashioned after the club building. MS Gord Mckiver (left), Fleet Club's President of the Mess Committee, and CPO1 Doug Markin (right), Base Chief Petty Officer, do the honours.

Right: MS Derek Fedoryshyn eyes his station as the endless line of hungry sailors await their lunch.



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HMCS Charlottetown faced rocket attacks from ashore

Lt(N) Michael McWhinnie
HMCS Charlottetown

At dawn on May 30, members of the ship's boarding party were the first to see the goutts of yellow and orange flame resolve into eight rockets splashing into the sea, each detonating on impact and sending up a column of water and a plume of black smoke. The spectacle was immediately followed by another salvo, this time a spread of four.

For the second time during this deployment on Operation Mobile, HMCS Charlottetown was targeted by land-based pro-Qadhafi forces.

As command ship of a Surface Action Group (SAG Commander), Charlottetown is in tactical control of allied warships and their embarked helicopters, and directs operations with maritime patrol aircraft in the area.

"We coordinate and issue patrol areas and assign alert states for helicopters," said PO1 David MacNevin, one of the ship's Sensor Weapons Controllers. "Strong coordination and communication are crucial to ensuring the proper employment and positioning of SAG units. This has been key to our continued success in preventing regime attacks on the populated areas around Misratah."

Charlottetown's systems, combined with the skills of a well-trained crew, are a strong complement to NATO air assets. The effect of the collaboration of warship and aircraft is much greater than the sum of their various capabilities.

In recent weeks, pro-Qadhafi Special Forces embarked in fast little boats have attempted to attack Misratah Harbour with anti-ship mines, a 2,000-pound load of plastic explosive, and even by direct assault. Though their tactics vary, the warships of the combined NATO-led fleet defeat each and every attempt.

We could see flickers of bright light as the rockets hit the water. Time seemed to freeze while my mind connected what I was seeing to the understanding the ship was under attack.

-LS Christopher Evans

The classic definition of SAG operations describes the tactics employed by a group of warships confronting a similarly capable adversary. The current operation in Libya's littoral waters is not of the classic type, however, and Charlottetown is engaged in activities designed to deny the regime forces freedom of action in the waters off the port of Misratah.

"Usually tactical considerations are predicated on your ships' capabilities versus those of the adversary," said PO1 MacNevin. "In order to counter the small-boat threat along the coast, the operations team must take into account the capabilities of both the Special Forces operating on the water and the weapon systems possessed by their supporting forces on land."

The events of May 30 demonstrate PO1 MacNevin's point. At dawn, pro-regime forces ashore targeted Charlottetown with 122-mm BM-21 Grad rockets, which normally carry an explosive charge in a fragmentation warhead.

"We could see flickers of bright light as the rockets hit the water," said LS Christopher Evans. "Time seemed to freeze while my mind connected what I was seeing to the understanding the ship was under attack."

"The explosions sounded a lot like fireworks. For a brief moment, I was transfixed by the spectacle of black smoke and columns of water," said PO1 Douglas Lennips. "Instinct and training kicked in quickly and prompted me to action but there

underscores the need for the frigate to be in the right place at the right time. Although it failed, the strike reminds crew members that their adversary is working against them from the land as well as at sea.

"NATO is achieving its goal of protecting civilians by systematically restricting the pro-Qadhafi forces' capacity to threaten the civilian population with violence," said Charlottetown's commanding officer, Commander Craig Skjerpen. "Though the situation continues to improve, regime forces still pose a threat. This unsuccessful attempt to strike Charlottetown simply highlights the regime forces' desperation

to have some effect on the systematic reduction of its capabilities."

Since March 23, Charlottetown has been engaged in enforcing the U.N.-authorized arms embargo against Libya, and in protecting civilians in that country. As SAG Commander, Charlottetown has contributed to enhancing maritime security in the region and to the NATO Task Group's defence of Misratah by effectively suppressing the threat posed by the Qadhafi regime's Special Forces small-boat operations.

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Cpl Chris Ringius, Combat Camera
As the Sensor Weapons Controller on duty, PO1 David MacNevin, gathers data about hostile ships and aircraft near HMCS Charlottetown, recommends appropriate courses of action to the Operations Room Officer and, when the commanding officer calls for fire, directs the members of the surface and air weapons team.

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Sparky, the Base Fire Hall mascot, poses for a photo with an employee at the Esquimalt Serious Coffee. CFB Esquimalt firefighters teamed up with the local business on June 10 to help raise funds for the firefighters' upcoming trip to the 2011 World Police and Fire Games in New York. Firefighters set up banners outside the shop and brought a truck. Serious Coffee is selling special bags of coffee and will donate \$1 to the trip fund for every bag sold.

Ben Green, Lookout

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Oriole's skipper raced against dad

Georgina Nicoll
 Contributor

When LCdr Jeff Kibble skippered HMCS Oriole in the 2011 Swiftsure Yacht Race, he was competing against his first sailing mentor, his father Roger Kibble, the captain of the 33-foot sailboat Electra.

However, the winds did not smile favourably upon Oriole this year.

"We sailed really hard right through the night. There just wasn't enough wind to get us to the windward mark before the cut off time," said LCdr Kibble. A heavier ship, Oriole needs a

good strong wind to sail well, whereas the light Electra was in her element, finishing third in her division.

LCdr Kibble first learned to sail from his dad when he was 10 years old in the family's small wooden boat Gretha.

Sixteen years ago, LCdr Kibble sailed his first Swiftsure race with his dad in Electra. In the middle of the race, father and son shared a moment of excitement when gear got tangled in the rigging and was stuck at the top of the mast.

"Jeffrey insisted on retrieving the gear lost aloft so we could finish the

race," recounts the senior Kibble. "He has always been such an audacious and determined sailor."

Success was celebrated in Swiftsure 1999, when father, with the help of his sons Jeffrey and Steven, skippered the Electra to a first place finish in the light ship division.

He is "extremely proud" that his son is now the captain of Oriole.

LCdr Kibble took command of Oriole May 24, just days before the race began. It was his 10th year participating in Swiftsure. It was Oriole's 53rd entry – more than any other ship.

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CF member tours the town with Hesjedal

Shelley Lipke
Staff writer

A smile was etched on Lt(N) Harry Learning's dirt-stained face, after he completed a 140-kilometre bike ride with world renowned cyclist Ryder Hesjedal.

He pedalled alongside more than 1,000 people May 28 in the Tour de Victoria, finishing in the allotted time. A sigh of relief and squeal of pride were released when he set both feet on the ground at the race's end.

His desire to attempt a long distance ride started in the fall, parked in front of the TV watching highlights of the Grand Fondo Whistler race. When Tour de Victoria was announced in January, he registered and began training.

"For me it was all about fitness. As you get older you need to maintain your fitness level and riding a bike is certainly much better than running," he says.

He mounted his bike three times a week, travelling 40 kilometres, steadily increasing the distance until

he peaked at 260 kilometres.

The seemingly insurmountable Tour de Victoria was now in reach.

A sea of cyclists gathered at the Legislature building on ride day.

"A few minutes before we started it got very quiet as the riders mentally prepared," said Lt(N) Learning. "There were so many riders we covered at least three blocks cycling between 25 and 30 kilometres per hour. You could tell that people wanted to bolt forward, and once we hit the Western Communities and were out of the neutral zone that is exactly what happened."

In the Highlands a three kilometre climb further separated the cyclists.

"This area was tough with about 21 kilometres of rolling hills and steep grades. If there wasn't sufficient time for riders to cycle up the hill they had to take a shortcut in order to meet the allotted time," said Lt(N) Learning.

He did not opt for the short cut. Of the 502 riders who persevered the climb, he was clocked as 208th in



Ryder Hesjedal's Tour de Victoria was a success with cyclists. In black with a blue helmet, Hesjedal leads the May 28 ride for 140 kilometres. More than 1,500 cyclists were involved in this year's event.

the pack. The ride looped through 13 municipalities before

returning to Victoria. "As we came back into Victoria we passed the last

time distance marker at 10 kilometres before the end of the ride. I placed 256 out of 950 finishers and timed myself finishing the ride at four hours 51 minutes," he says proudly.

Lt(N) Learning would like to see a team from CFB Esquimalt train together for

next year's ride. "We could wear the navy cycling gear with a combination of civilian, military and reserve force from CFB Esquimalt."

If interested call Lt(N) Learning at 250-363-7264 to get involved.

Next year's ride has been scheduled for June 24.

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Join the formation for a BBQ

Mike Hillian
Contributor

Sun, music, street hockey and free food. Can it get any better?

On June 22 come out to the Formation Barbeque to celebrate our collective success in proudly serving Canadians.

Once again the venue will be Parking Lot "H" on Dockyard Road South (across from the Fire Hall). The free barbeque will be ready at 11:30 a.m., serving burgers, hot dogs, veggie burgers and pop, with cake for dessert.

While you're eating lunch, watch out for flying hockey balls. In the spirit of the Canuck's playoff run, there will be a street hockey tournament, and individuals can contact Mike Mclean at Michael.Mclean2@forces.gc.ca to register a team.

All barbeque attendees are encouraged to wear their favourite hockey jerseys, and military personnel have permission to wear jerseys in the barbeque area for the duration of the event.

If hockey is not your thing, the committee has lined up other activities to keep you entertained. While listen-

ing to live bands and 100.3 the Q's Boom Box, you'll encounter environmental and sustainable living displays loaded with info and SWAG.

Best of all, there will be a raffle for a tug boat experience, with all proceeds going towards the United Way. The package for six includes lunch and an afternoon on Canadian Forces Auxiliary Vessel Glendyne.

Everyone is encouraged to come enjoy the fun in celebration of National Public Service Week. If you're interested in volunteering or need more information, contact Jayne Patrie at 250-363-1082.

Celebrate National Aboriginal Day

On June 16, CFB Esquimalt will join the rest of the country in celebrating our rich Aboriginal history as RAdm Nigel Greenwood hosts a formal luncheon with local First Nations Chiefs.

The Chiefs will represent coastal communities from Nanoose to Sooke. The luncheon is also a tribute to LGov Steven Point for gifting the navy with Sea Raven, his beautifully, hand-crafted sea canoe, in celebration of the naval centennial last year. The canoe currently hangs in the Wardroom. The

luncheon will be preceded by a dedication ceremony by Songhees Elder, Elmer George.

Upon the luncheon's completion, the Chiefs and attending guests will be invited to enjoy drumming and dancing by Esquimalt cultural performers. The event, themed "Honouring our Traditional Territories," will also see Songhees Counsellor Ron Sam deliver a keynote speech detailing the relationship of Songhees people to their traditional lands.

The Defence Aboriginal

Advisory Group has been invaluable in organizing the event, offering guidance and hand-delivering invitations in a manner suitable to the cultural traditions of the Coast Salish communities.

Light snacks of vegetables, fruit, and juice will be served and Aboriginal veterans are welcome to march in a colour party.

Any MARPAC employees interested in attending can register before the event by contacting Mike Hillian at 250-363-7626 or Michael.hillian@forces.gc.ca.

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Qualification nail-biter

SLt Trevor Robinson
Contributor

One of the early milestones in the career of a MARS Officer is sitting their Naval Officer Professional Qualification (NOPQ) Board. It is one of the last steps required before being promoted to Lieutenant (Navy).

So it was on May 24, with my Commanding Officer's recommendation in hand, I found myself awaiting my board in HMCS Vancouver's Wardroom.

Much has been made of this event. I had been told frightening stories about previous boards, so many, that I briefly debated bringing my flash gear.

The truth was far less scary than the rumors. A good study schedule combined with regular meetings of the Dead Navigator's Club, and mentoring by the Senior Fleet Navigation Officer, provided me with the

solid knowledge base that was required to challenge the board.

That's not to say the day was without stress. There is a certain feeling of dread which one can't help feeling as you watch your peers be led away one after another to face the board.

Hearing "salty dits" from the other officers who have passed their NOPQ helps to ease the tension, but eventually it will be your turn. At that point it is up to you, and all the months of training and hard work under your belt.

In the end, despite all the sleepless nights, pots of coffee, and arguments about heavy jackstays and safety firing arcs, I am proud with what I have accomplished. Success in the NOPQ board has built my confidence that I am ready to face the challenges inherent with the rank of Lieutenant (Navy) in the Fleet.

INBRIEF

Cirque is back - Dralion

Thrilling more than eight million people worldwide since the show premiered in 1999, Dralion is the fusion of ancient Chinese circus traditions and the avant-garde style of Cirque du Soleil.

The name Dralion (pronounced "Drah-lee-on") is drawn from its two main symbols: the dragon, representing the East, and the lion, representing the West.

Dralion derives much of its inspiration from Eastern philosophy with its perpetual quest for harmony between humankind and

nature. The international cast features 52 world-class acrobats, gymnasts, musicians, singers and comedic characters.

Cirque du Soleil's newest arena show, Dralion will be performing in Victoria from June 22 - 26, at Save-on-Foods Memorial Centre for eight performances only. Military, seniors and student discount tickets are available at www.cirquedusoleil.com/dralion or by calling 250-220-7777.

Watch for our ticket contest in the next issue of the *Lookout*.

Photo contest begins

The DND Photography Contest is celebrating its 43rd year.

Each year professional and amateur photographers are encouraged to submit photos that depict the many aspects of life in the military community. Their reward? - a chance to win one of more than \$20,000 in prizes.

The contest is open to the Canadian Forces defence community. For further clarification, please refer to contest rules.

Hint for success: shoot for the category. A subject that matches the intent of the category has more impact. The chance of

winning a prize or receiving the Photographer of the Year award is improved by maximizing the number of categories entered.

Participants can enter in any or all of the following subject categories: military life, family life, environment, animals, portrait, special effects, sports or open.

This year's entries can be submitted between July 1 and Oct. 1.

For more information regarding contest dates, rules and regulations, visit www.dndphotocontest.ca or email dndphotocontest@forces.gc.ca, or call 613-9902305.

FLEET DIVE DAY

Ships' divers hit the water to maintain skills.



Shelley Lipke, Lookout

PO2 Andre Gauthier (centre) assists SLt Michael Cormie and Lt(N) Jeremy Breese into the water during fleet dive day.

Shelley Lipke
Staff writer

Time is a military diver's foe. If three months elapse without a dive, they have to suit up and undergo a thorough assessment prior to resuming full diving duties.

To counter this, Fleet Diving Unit (Pacific) (FDU(P)) holds a monthly Fleet Dive Day to ensure ships' divers' skills are sharp and qualifications current.

"It has been a long time since I dove and don't want to lose my skills," says Lt(N) Jeremy Breese, whose current job as Flag Lieutenant to the Fleet Commodore keeps him above water.

Several months have gone by since his last post in *HMCS Winnipeg* where he was one of eight ship's divers responsible for untangling snarled propellers, performing hull searches and testing the wear and tear of the propeller shaft for the engineering department.

Last Monday, three other divers joined Lt(N) Breese to brush up on their skills under the guidance of FDU(P) Clearance Divers.

"We start out with a review of the dive manual followed by an assessment dive in a controlled environment with an experienced diver," explains QL5A training instructor PO2 Andre Gauthier. The dive also involves emergency and mask clearing drills.

"Once we are confident in the divers' abilities they are ready for a longer dive," adds PO2 Gauthier.

After the assessment dive, a jet boat transported them to Albert Head where PO2 Gauthier checked their dive equipment before allowing them to enter the water.

The divers were paired up by a buddy line with one of them wearing a float line that was securely fastened to the diver and a float at the other end. This allowed the dive supervisor to monitor their location.

"We have a fully dressed standby diver at immediate notice on the surface ready to help in case of an emergency," says PO2 Gauthier. "We all keep an eye on the teams in the water while they are diving. If they were in trouble they could send signals to the surface through their float line or once on the surface attract our attention by various means. [This includes] waving their arms and slapping the water, or using their day/night distress flare which has international orange smoke for daylight and a red flare for night operations."

After about half an hour, the divers emerged and climbed into the jet boat to talk about their dive. PO2 Gauthier signed their dive logs indicating they are current for another 90 days.

Ships' team divers looking to keep their certification current should contact their diving officer or supervisor and request to attend the next Fleet Dive Day scheduled for July 7 and Aug. 8.

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First responders trained and ready

Ben Green
Staff writer

Last week, base personnel and healthcare professionals from around the city participated in a two day program designed to increase their abilities in coping with nuclear emergencies.

"There's a tremendous appetite for this training in our healthcare community, particularly with the recent catastrophe in Japan," says Maj Phil Prendergast, acting fleet support medical officer at CFB Esquimalt.

Three Ottawa-based Health Canada instructors and two DND instructors taught METER – the Medical Emergency Treatment for Exposure to Radiation - to 48 military and civilian healthcare professionals June 7 and 8.

While many base personnel were from the Nuclear Emergency Response Team (NERT) and the base fire hall, other attendees came from Nanaimo Regional Hospital, Royal Jubilee Hospital, Victoria General Hospital, B.C. Ambulance, B.C. Centre for Disease Control, and the Vancouver Island Health Authority.

The METER course, established as a result of 911, provides training in nuclear response to the civilian sector. It provides

participants with essential information on radiation and how to work safely in a contaminated area.

For the medical community, they learn about the biological effects, signs, symptoms, and treatment for radiation casualties.

The training focuses on two main groups, first responders (police, fire, paramedics, HazMat) and first receivers (emergency room physicians and nurses, triage nurses, radiation safety officers, nuclear medicine personnel).

For decades CFB Esquimalt has conducted exercises to prepare for the unlikely scenario of a nuclear emergency at the base. Maj Prendergast says last week's participation in METER from so many outside entities allows for the possibility of engaging them in future NERT exercises.



Ben Green, Lookout



Top: A member of the base's Nuclear Emergency Response Team scans Cpl Dalton Verbeek with a beta probe to check for radiation.

Above: Eva Lam (left), from Health Canada, and Dr. Slavica Vlahovich, from DND, cut away a dummy's clothing during a patient care demonstration.

There's a tremendous appetite for this training in our healthcare community.

-Maj Phil Prendergast,
Acting fleet support medical officer

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Navy turns on the charm for TV show "La petite séduction"

Georgina Nicoll
Contributor

Maritime Forces personnel are to be entrusted with an unusual mission: to charm Quebec artist, model, and television host Geneviève Borne.

Borne will be the guest of honour when the production team of *La Petite Séduction* visits Victoria from June 18 to 20. Aired across Canada and viewed by over a million people, the popular French-language television pro-

gram calls on a community to "court" a new celebrity each week.

The Canadian Forces have always played a very important role in Borne's life. Her father, Lieutenant-Colonel Jacques Borne, served for 25 years in the 22nd Regiment, rising to the rank of commanding officer of the 4th Battalion. That is why the producers of *La Petite Séduction* want to focus on Francophones in the Canadian Forces who live in Victoria, to cre-

ate a connection between Borne's own life and the military presence in the region.

Maritime Forces Pacific will start "courting" Borne at a fair in Centennial Square on June 18, organized by the Société francophone de Victoria. It is hoped that the entire community will show their support.

"We are expecting over a thousand people. It's going to be quite a party," says Christian Francey, Director General of the Société francophone. "This program gives us the opportunity to show Canada that Francophones and the French language are alive and well here on the West Coast."

All Francophones and Francophiles are invited to participate. Francophone associations will set up booths, and there will be musicians and activities for the whole family. The Canadian Forces will also have a presence at the fair.

The event will kick off at 11:30 a.m. with an international potluck lunch. Those interested in participating should bring a cold dish for about six people.

The public is also encouraged to attend the departure ceremony on Monday, June 20, at 5 p.m. in the gardens of the Lieutenant Governor's residence at 1401 Rockland Avenue.

La marine s'affaire à La petite séduction

Georgina Nicoll
Contributor

Le personnel des Forces maritimes se verront confier une mission hors de l'ordinaire : faire les yeux doux à une artiste Québécoise, l'animatrice et mannequin Geneviève Borne.

Mme Borne, sera l'invitée d'honneur lorsque l'équipe de production de *La Petite Séduction* visitera Victoria du 18 au 20 juin. Diffusée à travers le pays, l'émission populaire a plus d'un million de téléspectateurs, et appelle une communauté à « séduire » une nouvelle célébrité chaque semaine.

Les Forces canadiennes ont toujours joué un rôle très important dans la vie de Mme Borne. Son père, le Lieutenant-colonel Jacques Borne, a servi 25 ans au sein du 22^e régiment, culminant sa carrière comme officier commandant du 4^e bataillon. C'est pour cette raison que les producteurs de *La Petite Séduction* désirent mettre l'emphase sur les francophones des Forces Canadiennes qui vivent à Victoria afin de créer un lien entre la vie personnelle de Mme Borne et celle de la présence militaire de la région.

La séduction de Mme Borne débutera par une foire au Centennial Square le 18 juin. Organisée par la Société francophone de Victoria, on espère y retrouver la communauté entière. « Nous attendons plus de milles personnes! On va avoir une grande fête! » dit Christian Francey, le directeur général de la Société francophone. « Cette émission nous donne l'occasion de montrer au pays que le français et les francophones sont bien en vie ici sur la côte ouest. »

Tous les francophones et francophiles sont invités à y participer. Il y aura des kiosques d'associations francophones ainsi que des musiciens et des activités pour toute la famille. Les Forces Canadiennes seront aussi présentes durant la foire. L'événement débutera à 11h30 avec un repas de plats internationaux à la fortune du pot. Ceux qui sont intéressés à participer doivent apporter un plat froid pour environ 6 personnes.

Le public est également convié à la cérémonie de départ le lundi 20 juin à 17h00 dans les jardins de la résidence du Lieutenant-gouverneur au 1401 avenue Rockland.



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